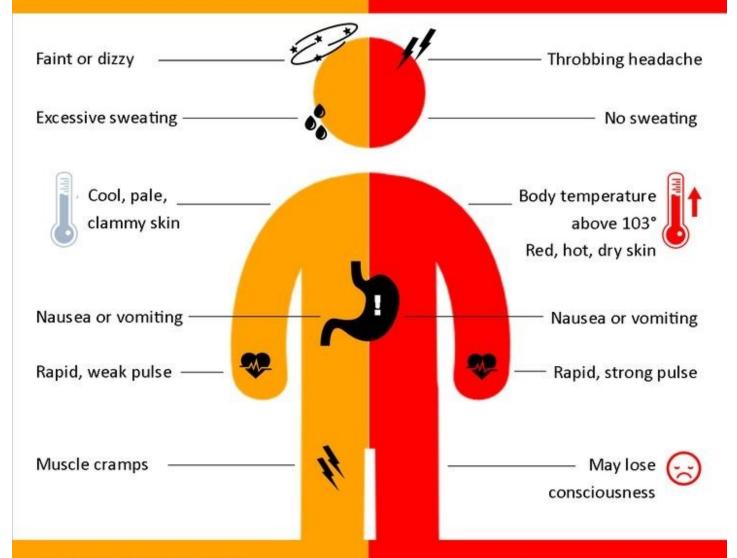
## HEAT EXHAUSTION

OR

## HEAT STROKE



- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

## **CALL 9-1-1**

 Take immediate action to cool the person until help arrives

miffynn